

Draft FY07 SHAPE Events:

Events/Dates/Times are subject to change.

Working to help "SHAPE" our employees future.

Teamed with Navy Wellness / AFAMS / PEO STRI

4 Oct 06	NAVY WELLNESS/SHAPE BLOOD SUGAR
12 Oct 06 1530-1430	SHAPE's Volleyball Challenge (annual challenge)
18 Oct 06	NAVY WELLNSS/ SHAPE Cancer Prevention Seminar
25 Oct 06 & 2 Nov 06	Flu Vaccine (subject to vaccine being available) Sponsor by Local Organization
25 Oct 06	Halloween Walk-A-Thon Prizes: (1) Best Costumes (2) Best predicted times
27 Oct 06 Begin at 1500	AFAMS Sponsored Joint Fun Run/Walk 2.5 mile run/walk
1 Nov 06 1200-1245	Good Morning's Sleep Program Community Program at no cost
8 Nov 06	NAVY WELLNESS/SHAPE Weight Management
15 Nov 06	NAVY WELLNESS/SHAPE Low Glycemic Index
16 Nov 06 0800-1600	CPR / AED Training Sponsor by PEO STRI Training Funds
16 Nov 06	Smoke-out Day (National Observance)
16 Nov 06 1530-1700	SHAPE's Turkey Bowl (annual challenge)
6 Dec 06 1200-1245	"Understanding Menopause" Community Program at no cost
15 Dec 06 Begin at 1500	AFAMS Sponsored Joint Fun Run/Walk 2.5 mile run/walk
17 Jan 07 0800-1100	Lipid Profile & PSA Sponsor by Local Hospital
1200-1230	"Understanding Cholesterol" Seminar Sponsor by hospital, no cost
24 Jan 07	KRAV MAGA Anti-terrorism Self Defense Sponsor by local vendor, no cost
26 Jan 07 Begin at 1500	AFAMS Sponsored Joint Fun Run/Walk 2.5 mile run/walk
7 Feb 07 0900-1200	Motivational Fitness Fair (Campaign 07 sign up) Vendors: Local health clubs, Wellness Centers Blood Tests (held as part of Fair)

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0800-1100	Sponsor by Local Hospital Potential cost paid by employee
Feb 07	Campaign 07: Initial Health Risk Appraisal (HRA) Sponsor by local vendor
14 Feb 07 1200-1245	Campaign 07: "Healthy Heart" Seminar Sponsor by American Heart Assn or UCF No cost, physician or student volunteers.
21 Feb 07 0900-1100	Hearing Screenings Sponsor by UCF, no cost, student volunteers.
23 Feb 07 Begin at 1500	AFAMS Sponsored Joint Fun Run/Walk 2.5 mile run/walk
7 Mar 07 1200-1245	Campaign 07: "Weight Management" Seminar Sponsor by local vendor, No cost
8 Mar 07 1500-1600	SHAPE's Basketball Challenge (annual challenge)
14 Mar 07	NAVY WELLNESS/SHAPE NUTRITION I
21 Mar 07	NAVY WELLNESS/SHAPE NUTRITION II
28 Mar 07	Self Defense for Men & Women
30 Mar 07 Begin at 1500	AFAMS Sponsored Joint Fun Run/Walk 2.5 mile run/walk
4 Apr 07	SELF DEFENSE FOR WOMEN
11 Apr 07 1200-1245	Campaign 07: "Nutrition" Seminar Sponsor by American Heart Assn, UCF or UHS No cost, physician or student volunteers.
18 Apr 07	IRS Walk-A-Thon
25 Apr 07	Allergies Seminar
27 Apr 07 Begin at 1500	AFAMS Sponsored Joint Fun Run/Walk 2.5 mile run/walk
May 07	SHAPE's Softball Challenge at CMWRA Picnic
9 May 07 0900-1200	Health Fair '07 Health screenings: Dental/Oral Examine Vision/Glaucoma (thru Lions Club) Orthopedic Plastic Surgeon Podiatrist Skin Cancer Screening Sclerotherapy (vein screening)

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	Body Fat Comp
	Blood Pressure Readings
	Step Aerobics Demo
	Health Risk Assessments
	Sponsor by local Hospitals & health organizations at no cost.
	Blood Tests (held as part of Health Fair)
0800-1100	Sponsor by Local Hospital
	Potential cost to employee
12 May 07	Armed Forces 5K Run
	Open to all Research Park employees.
16 May 07	Campaign 07: "Ultimate Relaxation" Seminar
1300-1500	Sponsor by local vendor
25 May 07	AFAMS Sponsored Joint Fun Run/Walk
Begin at 1500	2.5 mile run/walk
6 Jun 07	High Blood Pressure
13 Jun 07	Mammogram Screening
800-1200	Sponsor by local health vendor
20 Jun 07	Blood Sugar Levels
27 Jun 07	Safety Fair
0900-1200	Vendors: Local County Govt
	This event is part of Safety Awareness Day.
	Safety Seminars:
	1000-1065 Ergonomics
	1100-1145 Fraud Prevention
	1300-1330 Cubical Workout
29 Jun 07	AFAMS Sponsored Joint Fun Run/Walk
Begin at 1500	2.5 mile run/walk
11 Jul 07	Anti-aging Seminar
11 Jul 07	CPR / AED Training
0800-1600	Sponsor by PEO STRI Training Funds
18 Jul 07	Campaign 07: "Blood Pressure" Seminar
1200-1245	Sponsor by American Heart Assn, UCF or UHS
	No cost, physician or student volunteers.
25 Jul 07	Stress Seminar
27 Jul 07	AFAMS Sponsored Joint Fun Run/Walk
Begin at 1500	2.5 mile run/walk
8 Aug 07	Health & Nutrition Seminar
15 Aug 07	Motivational Fitness Fair
0900-1200	Vendors: Local health clubs, Wellness Centers
	Blood Tests (held as part of Fair)

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0800-1100	Sponsor by Local Hospital Potential cost to employee
22 Aug 07	Allergies Seminar
31 Aug 07	AFAMS Sponsored Joint Fun Run/Walk
Begin at 1500	2.5 mile run/walk
Sep 07	Campaign 07: Final Health Risk Appraisal (HRA) Sponsor by local vendor No additional cost (paid as part of initial HRA)
12 Sep 07	"Parenting" Luncheon
1130-1230	Community Program at no cost.
28 Sep 07	AFAMS Sponsored Joint Fun Run/Walk
Begin at 0700	2.5 mile run/walk

SHAPE Sponsored / endorsed programs:

Gym Contract, This contract allows for all Military, Civilians, and their respective dependents utilize all the contracted gym facilities.

On-site Aerobics, Employee pays for class fees, Mon-Thurs at 1140

On-site Boot Camp (Workout), Employee pays for class fees, Instructor: Cindy Hughes Mon-Thurs at 1630

On-site Tai Chi Class, No fees, Instructor: John Davis, Mon/Wed at 1140